

# Fall 2016 Group Fitness Schedule

August 22 - January 1, 2017

Schedule may change at any time; please reference the website for the most updated version: <https://starport.jsc.nasa.gov/>

To receive updates on the schedule, subscribe to our ListServ by emailing: [jsc-fitness-subscribe@lists.nasa.gov](mailto:jsc-fitness-subscribe@lists.nasa.gov)

Monday			
Time	Class	Location	Instructor
5:45-6:30 a.m.	SPINNING®	Studio 2	Liz
<b>6-6:30 a.m.</b>	<b>GRIT CARDIO*</b>	<b>Studio 1</b>	<b>Leslie</b>
9-10:00 a.m.	BALLEAN™	Studio 1	Alison
<b>11 - 11:30 a.m.</b>	<b>GRIT PLYO*</b>	<b>Studio 1</b>	<b>Luca/Carissa</b>
11:30-12:30 p.m.	Beginner Yoga	Studio 3	Vicky
4:30-5:25 p.m.	Tai Chi	Studio 1	Barbara
4:30-5:15 p.m.	Recovery Ride	Studio 2	Melanie
5:30-6:20 p.m.	Dance Jam	Studio 1	Heather
5:30-6:15 p.m.	SPINNING®	Studio 2	George
5:30-6:40 p.m.	Zen Deep Stretch	Studio 3	Alison
6:30-7:30 p.m.	BODYPUMP™	Studio 1	Leslie

Tuesday			
Time	Class	Location	Instructor
6-7:00 a.m.	Hatha/Classical Yoga	Studio 3	Laura
<b>6:00 - 6:30 a.m.</b>	<b>GRIT STRENGTH*</b>	<b>Studio 1</b>	<b>Kimberly</b>
10-10:45 a.m.	Active Adults	Studio 1	Tonya
11-12:00 p.m.	BODYPUMP™	Studio 1	Carissa
11:30-12:15 p.m.	SPINNING®	Studio 2	Vicky
11:30-12:30 p.m.	Pilates	Studio 3	Tracy
12:15-1:15 p.m.	Taekwondo	Studio 1	Stan/Melissa
<b>3:15 - 3:45pm</b>	<b>GRIT STRENGTH</b>	<b>Studio 1</b>	<b>Rai</b>
4:30-5:15 p.m.	Beginner SPINNING®	Studio 2	Melanie
4:30-5:20 p.m.	Dance Jam	Studio 1	Jessica
5:30 - 6:30 p.m.	Spin Strong	Studio 2	Jessica
<b>5:30 - 6:30 p.m.</b>	<b>LIFT*</b>	<b>Studio 1</b>	<b>Heather</b>
5:30-6:30 p.m.	Pilates: Level II	Studio 3	Chloe
<b>6:40 - 7:10 p.m.</b>	<b>GRIT STRENGTH</b>	<b>Studio 1</b>	<b>Rai</b>

Wednesday			
Time	Class	Location	Instructor
5:45-7 a.m.	Ride & Run	Studio 2	Jessica/Liz
<b>6-6:30 a.m.</b>	<b>GRIT PLYO*</b>	<b>Studio 1</b>	<b>Leslie</b>
6:30-7:30 a.m.	Yoga	Studio 3	Linda
8-9:00 a.m.	Strength & Stretch	Studio 1	Mae
<b>11 - 11:30 a.m.</b>	<b>GRIT STRENGTH*</b>	<b>Studio 1</b>	<b>Luca/Carissa</b>
11:30-12:15 p.m.	Advanced Yoga	Studio 3	Erin
11:45 - 12:45 p.m.	Tai Chi	Studio 1	Barbara
4:30-5:20 p.m.	Zumba®	Studio 1	Tiffany
4:30-5:30 p.m.	H.I.I.T. Spin & Abs	Studio 2	Kim
5:30-6:30 p.m.	BODYPUMP™	Studio 1	Leslie
5:30-6:20 p.m.	Zen Deep Stretch	Studio 3	Alison
6:30-7:30 p.m.	Roll With It	Studio 3	Heather

Thursday			
Time	Class	Location	Instructor
6-7:00 a.m.	Hatha/Classical Yoga	Studio 3	Laura
<b>6:00 - 6:30 a.m.</b>	<b>GRIT PLYO/CARDIO*</b>	<b>Studio 1</b>	<b>Kimberly</b>
11-12:00 p.m.	BODYPUMP™	Studio 1	Luca
11:30-12:15 p.m.	SPINNING®	Studio 2	Jim
11:30-12:30 p.m.	Pilates	Studio 3	Tracy
12:15-1:15 p.m.	Taekwondo	Studio 1	Stan/Matt
<b>3:15 - 3:45pm</b>	<b>GRIT CARDIO*</b>	<b>Studio 1</b>	<b>Rai</b>
4:30-5:20 p.m.	Kickboxing	Studio 1	Carissa
4:30-5:15 p.m.	SPINNING®	Studio 2	Crystal
<b>5:30 - 6:30 p.m.</b>	<b>LIFT*</b>	<b>Studio 1</b>	<b>Heather</b>
5:30-6:25 p.m.	Pilates	Studio 3	Chloe
<b>6:40 - 7:10 p.m.</b>	<b>GRIT STRENGTH *</b>	<b>Studio 1</b>	<b>Rai</b>

Friday			
Time	Class	Location	Instructor
5:45-6:30 a.m.	SPINNING®	Studio 2	Jessica
<b>6:00 - 6:30 a.m.</b>	<b>GRIT STRENGTH*</b>	<b>Studio 1</b>	<b>Leslie</b>
6:30-7:00 a.m.	Core Strength Fusion	Studio 1	Jessica
<b>11 - 11:30 a.m.</b>	<b>GRIT CARDIO*</b>	<b>Studio 1</b>	<b>Luca/Carissa</b>
11:30-12:30 p.m.	Long Ride	Studio 2	Crystal
12:30 - 1:30 p.m.	Kundalini Yoga	Studio 3	Vicky
12:15-1:15 p.m.	Taekwondo	Studio 1	Stan/Matt
4:30-5:30 p.m.	Yogalates	Studio 1	Jim
4:30-5:15 p.m.	SPINNING®	Studio 2	Lisa
5:30-6:40 p.m.	Yoga for Relaxation	Studio 3	Laura

Saturday			
Time	Class	Location	Instructor
8:30-9:15 a.m.	SPINNING®	Studio 2	Melanie/Jessica
9:15-10:15 a.m.	Cardio Blast	Studio 1	Jennifer
<b>10-10:30 a.m.</b>	<b>GRIT CARDIO/PLYO*</b>	<b>Studio 2</b>	<b>Kimberly</b>
10:30-11:30 a.m.	BODYPUMP™	Studio 1	Carissa/Leslie

Sunday			
Time	Class	Location	Instructor
9-10:00 a.m.	Long Ride	Studio 2	Crystal/Vicky



**\* Fee based instructional program**